



Roasted Duck with Root Vegetables

Serves 4

1 domestic duck, about 4 pounds
2 tablespoons Steen's Cane Syrup
4 tablespoons olive oil, in all
4 ribs of celery, sliced lengthwise in half
1 large head of garlic, cut in half crosswise
1/4 pound baby carrots, peeled
1/4 pound baby parsnips, peeled
1 large onion, halved, and cut into wedges
1/4 pound baby turnips, peeled
4 small red potatoes, quartered
Salt and fresh ground black pepper
Cayenne pepper
2 teaspoons chopped rosemary
1 teaspoon chopped basil
1 1/2 cups water
1/2 cup dry Sherry
salt and pepper to taste

Preheat the oven to 450 degrees. Quarter the duck. Season the duck with salt and pepper. Rub the duck with the cane syrup. In a large saute pan, heat 2 tablespoons olive oil. When the oil is hot, sear the duck, skin side down, for about 5 minutes. Remove from the heat and set aside. Place the celery and garlic on a wire rack fitted over a roasting pan. In a mixing bowl, toss onions, remaining olive oil, salt, pepper, cayenne, and herbs. Spread the vegetables evenly over the celery and garlic. Place the seared duck pieces on top of the vegetables. Pour the water and sherry to the bottom of the roasting pan. Roast for 1 hour, or until the duck is tender.

Remove the duck from the oven. Place the vegetables in the center of the platter. Lay the duck over the vegetables. Spoon any remaining sauce over the duck.